



LIVEWELL

FALL 2019

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**HENRY FORD
WEST BLOOMFIELD HOSPITAL**



Hospital Welcomes **NEW PRESIDENT**



IN MAY, HENRY FORD WEST BLOOMFIELD HOSPITAL WELCOMED ERIC WALLIS, DNP, MSA, RN, NE-BC, FACHE, as its new president. Eric brings more than 20 years of health care experience to the role. He most recently served as Vice President, Chief Operating Officer and Chief Nursing Officer of Baylor Scott & White Medical Center in Grapevine, Texas. Eric began his career in nursing and has spent the last 13 years in hospital leadership roles, including experience with multiple service lines and hospital operations. He also brings diverse experience ranging from large academic medical centers to community hospitals. Please join us in welcoming Eric to our community!



Prepare for **FLU SEASON**

VACCINATION IS THE BEST WAY TO PROTECT YOU AND YOUR LOVED ONES THIS FLU SEASON. Anyone 6 months of age and older should get vaccinated.

Walk-in flu shots are offered during normal business hours at several Henry Ford locations. Visit HenryFord.com/Flu.

Free **E-NEWSLETTER**

ARE YOU INTERESTED IN FINDING OUT WHAT'S HAPPENING at Henry Ford West Bloomfield Hospital? Get connected and sign up for our FREE monthly health e-newsletter featuring health and wellness articles, classes and events, special offers and more.

Visit HenryFord.com/WBENEWS to sign up today.



ADVANCED CARE FOR **HEART ARRHYTHMIAS**

BEING IN TUNE WITH YOUR BODY IS AN IMPORTANT PART OF YOUR HEALTH. If you have ever felt like your heart is fluttering, beating irregularly or even skipping a beat, you may have an arrhythmia, a condition that causes an irregular heart rhythm. Your heart rate may speed up or slow down, affecting your heart's ability to pump blood.

If you are experiencing an abnormal heart rhythm, getting expert care makes all the difference.

THE FIRST STEP IS AN ACCURATE DIAGNOSIS

"At the Henry Ford Heart & Vascular Institute, our team uses the latest technology to pinpoint the cause of your arrhythmia – an important first step in an effective, personalized treatment plan centered around you," says Claudio Schuger, M.D., a cardiac electrophysiologist (heart rhythm specialist) at Henry Ford West Bloomfield Hospital.

The recent expansion of the advanced electrophysiology (EP) lab at the hospital brings highly specialized diagnosis and treatment to the community.

TESTING THE ELECTRICAL ACTIVITY OF YOUR HEART

An arrhythmia can be identified through an EP study, which tests the electrical activity of your heart to locate the arrhythmia. If you are diagnosed with an arrhythmia, our electrophysiologists may recommend a treatment plan that includes medication management, a pacemaker, an implantable cardioverter defibrillator (ICD), cardiac ablation, surgery or other options.

"From your primary care physician to your electrophysiologist, you'll experience a team approach," Dr. Schuger says. "Our specially trained experts are the one-stop shop to getting you back to your life faster."

To request an appointment with a Henry Ford cardiologist, call (844) 725-6424.



UNDERSTANDING YOUR BREAST CANCER RISK

WHETHER IT'S A LOCAL NEWS SEGMENT OR AN ARTICLE SHARED THROUGH SOCIAL MEDIA, THERE'S A LOT OF INFORMATION TO SIFT THROUGH SURROUNDING THE RISKS OF BREAST CANCER.

With so much content to digest, it can be difficult to determine how likely you are to experience a disease that affects 1 in 8 women at some point in their lives.

"It's important for every woman to know what she's up against regarding breast cancer," says Jessica Bensenhaver, M.D., director of the breast oncology program at the Henry Ford Cancer Institute.

BREAST CANCER RISK FACTORS

- **OBESITY:** After menopause, those who are obese have a 20 to 40 percent increase in risk of developing breast cancer compared with normal-weight women.
- **ALCOHOL CONSUMPTION:** Consuming one alcoholic drink per day increases your chances of getting breast cancer by at least five percent, according to the American Cancer Institute for Cancer Research.
- **FAMILY HISTORY:** If your mother or sister has been diagnosed with breast cancer, you're at a higher risk.
- **GENETIC MUTATION:** BRCA1 and BRCA2 genes are known to be linked to breast cancer. If your cells contain these genes, you have an eight out of 10 chance of getting breast cancer in your lifetime.
- **RACE/ETHNICITY:** White Americans are more likely to get breast cancer, as opposed to African Americans. If you're younger than 45, though, African Americans are at a higher risk.



Our goal is to really connect with each patient and treat the whole person, not just the disease."

HENRY FORD'S TEAM APPROACH TO BREAST CANCER CARE

If the diagnosis is breast cancer, Henry Ford's nationally recognized breast cancer surgeons, breast reconstructive surgeons, radiation oncologists, medical oncologists and radiologists will be with you every step of the way – from screening and diagnosis through treatment and recovery.

"Our team approach allows us to collaborate and develop the best possible treatment for your specific diagnosis," Dr. Bensenhaver says. "Our goal is to really connect with each patient and treat the whole person, not just the disease."

For more information on breast cancer or to schedule a mammogram today, visit [HenryFord.com/BreastCancer](https://www.henryford.com/BreastCancer). To learn more about your risk factors, take our [Breast Cancer Risk Assessment](https://www.henryford.com/BreastCancerRisk) quiz at [HenryFord.com/BreastCancerRisk](https://www.henryford.com/BreastCancerRisk).

SCREENING AND EARLY DETECTION

Regular breast cancer screening is important for early detection of tumors and is vital to successful outcomes. The Multidisciplinary Diagnostic Breast Clinic and Wellness Center at Henry Ford West Bloomfield Hospital provides convenient advanced care through rapid evaluation and diagnosis of breast disease using mammography, ultrasound, same-day biopsy (if needed) and surgical consultation. Our breast surgeons and radiologists work together during a single appointment to provide you with the best clinical care and quick results.

For more information and to schedule your yearly mammogram, visit [HenryFord.com/Request-an-Appointment](https://www.henryford.com/Request-an-Appointment) or call (248) 221-2859.



4 SIGNS YOU MAY BE AT RISK FOR DIABETES

YOU MOST LIKELY KNOW SOMEONE WHO HAS DIABETES. Across the country, more than 29 million people suffer from diabetes, yet one in four Americans don't know they have it.

Diabetes is caused by a resistance to insulin, the hormone that regulates your blood glucose levels. This resistance causes the level of sugar in your blood to increase and eventually become toxic. In some cases, diabetes can be prevented, so it's important to look out for potential warning signs:

- 1. YOU'RE URINATING A LOT.** The increased sugar in your blood needs to be released. The body has to either store the glucose, use it or urinate it out. As a result, your urination increases. This is often one of the earliest warning signs.
- 2. YOU'RE CRAVING SUGARY LIQUIDS.** With insulin resistance, the proper amount of sugar isn't getting to the organs, which causes them to work without sufficient nourishment. This can lead to cravings for sweet and sugary drinks so that the organs can get more energy quickly.

3. YOU'RE GETTING A LOT OF INFECTIONS. When sugar levels in the blood are too high, communication within the immune system is impaired, which can cause you to suffer through repeat infections or take longer to recover.

4. YOU'RE EXPERIENCING BLURRY VISION. If sugar reaches a certain level in the blood, blurry vision, or what feels like a cloud or a film over the eyes, may occur. Permanent sight loss is a complication that can occur after years of having the disease.

Having any of these symptoms doesn't guarantee you have diabetes. Warning signs can become present as early as five years before any diagnosis is made, or they may be an indication of another health issue.

The good news is that there are ways to potentially reverse these symptoms and prevent the onset of diabetes. One way is to reduce the consumption of sugary drinks. Being overweight is correlated with type 2 diabetes, so losing weight also may help you prevent diabetes.

If you have any of these symptoms, speak with your doctor – especially if you are over age 45. Visit [HenryFord.com](https://www.henryford.com) or call 1-800-HENRYFORD (436-7936) for more information and to request an appointment with a Henry Ford physician.



DIABETES COOKING CLASS

Did you know eating healthy meals that are low in fat and cholesterol is an essential part of managing diabetes? Join us for Diabetes: Create Your Plate on **TUESDAY, NOV. 19 FROM 6 TO 8 P.M.** in the Demonstration Kitchen, and learn how to make simple changes for choosing and preparing food so you can create delicious, flavorful, diabetic-friendly meals.

\$20 per person, or two for \$30. Registration is required. Visit [HenryFord.com/DK](https://www.henryford.com/DK) or email dk@hfhs.org to register.



Calendar of EVENTS

HEALTH & WELLNESS

Breast Reconstruction: Understand Your Options

Join our experts for this free seminar to learn about the many surgical reconstruction options available to breast cancer patients and hear from patients about their experience and decision to have reconstructive surgery.

WEDNESDAY, OCT. 16

6 – 8 P.M.

Demonstration Kitchen

Free. Registration is required. To register, call (248) 325-3890.

Senior Health and Wellness Expo

THURSDAY, OCT. 17

9 A.M. – 3 P.M.

Demonstration Kitchen and Main Street

Free. Registration is required. To register, call (248) 451-1900.

Self-Care for Caregivers 101

When we practice self-care, we are not only giving to ourselves, but to those we care for. Join Henry Ford Health System's C.A.R.E. Program and Henry Ford West Bloomfield Hospital's certified yoga therapist and healing arts manager, Julie Levinson, to explore simple, practical self-care techniques. This class will focus on the importance of breathing and mindfulness and will include gentle chair yoga sequences. Light refreshments will be available.

THURSDAY, NOV. 14

1 – 2:30 P.M.

Demonstration Kitchen

Free. Registration is required. To register, email dk@hfhs.org.

Caregiver Support Group

If you provide care for a loved one – parent, child, spouse, relative, neighbor or friend – join fellow caregivers and caregiving experts for support and information. Participants must be 18 or older.

MONDAYS: OCT. 14, NOV. 11 & DEC. 12

6 – 7:30 P.M.

Private Dining Room 1

Pre-registration is encouraged but not required. Call to pre-register: (313) 874-4838.

FREE Blood Pressure Screening

TUESDAYS

1 – 2:30 P.M.

Lobby of the West Entrance

Walk-in, no registration required.

Bariatric Surgery Seminar

Bariatric surgery can give you a new outlook on life and lifelong benefits. Join us for a free weight loss seminar and learn about preparation for bariatric surgery, postsurgical care, diet and exercise.

NOV. 12 & DEC. 10

6 – 7 P.M.

Lower Level Conference Room

Free. Visit HenryFord.com/Bariatrics to register or email dschwar2@hfhs.org.

Complimentary Yoga for Henry Ford Cancer Patients

MONDAYS

3:30 – 4:30 P.M.

Yoga Studio

Registration is required, call (248) 344-6696.

Art Therapy Open Studio

Art therapy is based on the idea that creating can be healing. Guided by an art therapist, cancer survivors and their families will use drawing, painting and other types of art to help manage the emotional or mental side effects that may come from a cancer diagnosis and/or treatment. This program is free for cancer patients and their family or caregivers.

FRIDAYS: NOV. 1, NOV. 15, DEC. 6 & DEC. 20

11 A.M. – 12:30 P.M.

For more information, contact Gwen Roediger at (248) 344-6696.

MOVEMENT DISORDER CLASSES

THURSDAYS (EXCEPT NOV. 28)

YOGA STUDIO

FREE

PWR! Moves

Research-based exercises to target motor and non-motor symptoms.

11:30 A.M. – 12:30 P.M.

Call (248) 760-2019 to register.

Moving Thru Dance

Warm up, stretch and move to stimulate joints and increase range of motion.

12:30 – 1:30 P.M.

Call (248) 505-3951 to register.



Calendar of **EVENTS**, *cont'd*

BIRTHING CENTER CLASSES

Childbirth Saturday Classes

OCT. 12, NOV. 9 & DEC. 14

8:30 A.M. – 5 P.M.

Demonstration Kitchen and
Lower Level Conference Room

*\$65 per couple. To register, call
(248) 325-0037.*

Infant CPR

**OCT. 21, NOV. 4, NOV. 18,
DEC. 2 & DEC. 16**

7 – 8:15 P.M.

Locations vary. Call to confirm location.

*\$40 per couple. To register, call
(248) 325-0037.*

Infant Care Fair

OCT. 24, NOV. 14 & DEC. 12

6 – 9 P.M.

Lower Level Conference Room

*\$25 per couple. To register, call
(248) 325-0037.*

Breastfeeding Support Group

OCT. 16, NOV. 20 & DEC. 18

6 – 8 P.M.

Lower Level Conference Room

*Free. To register, email
sarah.lavery@hfhs.org.*



The Grand Plan: Infant Care for Grandparents

OCT. 28 & DEC. 9

6 – 8 P.M.

Bloomfield Conference Room (LDRP 2)

*\$15 per person, or two people for \$25.
To register, call (248) 325-0037.*

Breastfeeding Class

NOV. 6 & DEC. 4

6 – 9 P.M.

Demonstration Kitchen

*\$25 per couple. To register, call
(248) 325-0037.*

COOKING CLASSES

Cooking classes are held in the Demonstration Kitchen and are designed to help you learn about the importance of health, wellness and nutrition.

*Call (248) 325-3890 to register for classes or visit HenryFord.com/DK.
Registration is required for all cooking classes.*

You CAN Prevent and Reverse Heart Disease

Join us for a presentation on this topic with Dr. Caldwell Esselstyn, national speaker, plant-based diet advocate and renowned cardiologist. Learn how food can be used as medicine to prevent and reverse this life-threatening condition.

THURSDAY, OCT. 24

6:30 – 8 P.M.

Free, registration required.

Gluten-Free, Dairy-Free Cooking

Learn how to create delicious gluten-free and dairy-free recipes without sacrificing rich flavors and satisfying foods.

TUESDAY, OCT. 29

6 – 8 P.M.

\$20 per person, or \$30 for two.

Board Mama

Polish your party platter presentation skills and get inspired by seasonal fruits and vegetables, various meats, nuts, cheeses and dips, and desserts.

WEDNESDAY, NOV. 6

6 – 8 P.M.

\$20 per person.

Diabetes: Create Your Plate

Our culinary team and Henry Ford experts will provide helpful tips and tricks in the kitchen that will help you maintain a healthy lifestyle!

TUESDAY, NOV. 19

6 – 8 P.M.

\$20 per person, or \$30 for two.



Traditional Thai Favorites

Learn how to find good recipes, locate unique ingredients, and learn Thai cooking techniques to try in the comfort of your own kitchen.

THURSDAY, DEC. 12

6:30 – 8 P.M.

\$20 per person, or \$30 for two.

Protein Power Hour

Knowing how to properly prepare your protein is essential in filling your plate and body with foods that ensure good health. Learn new ways to cook your meat, seafood, tofu and tempeh to perfection every time, and make your meals even more nutritious and delicious.

TUESDAY, JAN. 14

6 – 8 P.M.

Free.

The Meat-Free Zone

Nowadays living a vegetarian lifestyle has endless options to help you create a well-rounded meal. Let our culinary team show you how to amp up your next meat-free menu with subtle herbs and spices to add to foods, like legumes, mushrooms, tofu, tempeh and more!

THURSDAY, JAN. 23

6:30 – 8 P.M.

\$20 per person, or \$30 for two.



1 in 8 women will be diagnosed with breast cancer in their lifetime. Routine screening and early detection is key. The breast cancer team at the Henry Ford Cancer Institute includes fellowship-trained breast radiologists offering the most advanced technologies to detect, diagnose and manage breast cancer. Know your risk. Visit [HenryFord.com/BreastCancerRisk](https://www.henryford.com/BreastCancerRisk) and take our online risk assessment today.



HENRY FORD CANCER INSTITUTE



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